

First Lady Obama to attend BCT graduation today

Fort Jackson Public Affairs Office

First Lady Michelle Obama will be the guest speaker for 1st Battalion, 34th Infantry Regiment's graduation 1 p.m., today on Hilton Field. She will spend the morning visiting Fort Jackson for a series of events that highlight the intersection of Let's Move! and military readiness.

Prior to the graduation, the first lady will participate in a briefing led by Lt. Gen. Mark Hertling, U.S. Army, Deputy Commanding General for Initial Military Training, about the

consequences of childhood obesity, poor childhood nutrition and lack of physical exercise for the military, and learn about the Army's programs to address these issues. Obama will also tour the post and visit Fort Jackson's "Go for Green" dining program, which encourages healthy eating.

The graduation ceremony is open to the general public. Guests should use Gate 4, Percival/Boyden Arbor Road (Exit 15 on I-77). All adults are required to present photo identification cards when entering Fort Jackson. Drivers of vehicles without Department of Defense decals are required

to provide a driver's license, vehicle registration and proof of insurance. Motorcycle riders must also conform to Department of Defense regulations to enter post. Requirements include: A DOT approved helmet, full-fingered gloves, over the ankle boots, long-sleeved shirt/jacket and



OBAMA

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The Fort Jackson Leader



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Going viral



Photo by CHRIS RASMUSSEN

Those who plan to attend next week's Town Hall meeting, either in person or online, can expect to receive an update on the ongoing construction in the family housing area from Balfour Beatty representatives.

Town Hall meeting set to be online

By CHRIS RASMUSSEN
Fort Jackson Leader

Fort Jackson community members concerned about issues affecting the installation will have the opportunity to provide input during the next town hall meeting from the comfort of their own

homes.

The quarterly town hall meeting, which is slated for 6 p.m., Tuesday, at the Solomon Center, will be broadcast on the Internet and at-home participants will have the ability to ask questions live.

"The purpose is to try and reach as many

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TRACKING ...

NEWS



Battalion 'adopts' veterans' home

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CHALKBOARD

Post liaisons link schools, parents

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Coveted award epitomizes teamwork

Recently, I had the pleasure of attending the presentation of the Commander's Cup on post. In case you are unfamiliar with the sports award, the Commander's Cup is an award that is presented each year to the unit that accumulates the most points throughout a single year in intramural sports.

The Commander's Cup is the post's highest and most coveted sports award, because it requires a great deal of teamwork and willpower from all competitors in a number of different sports and over an extended period of time. Personally, I am a big supporter of intramural sports in general, because they complement the Army's mission so well.

Intramurals should be promoted and grown, not only here on Fort Jackson, but everywhere. In today's Army, competition is extremely important. For starters, sports competitions build fellowship, camaraderie and self-esteem.

They keep us sharp, both mentally and physically. On Fort Jackson, we had more than 1,500 Soldiers and civilians participating in intramurals last year. That is good turnout, but it could be even better.

FMWR does a great job across the Army in organizing installation Army sports programs to provide Soldiers an opportunity to participate in a full range of team sports.

MAJ. GEN. JAMES M. MILANO
Fort Jackson
Commanding
General



Here on Fort Jackson, we have competitions in flag football, basketball, volleyball, golf, softball, track and a few other programs.

All of these programs help build group morale and the development of a high state of mental and physical well-being. They also assist in the development of important assets of teamwork, the will to win, confidence and aggressiveness, as well as complementing the required unit physical training programs. I have always said that a great team is all about great communications and great team members. Everyone who is on the team must execute his or her role so that the team can succeed.

Much of what we are talking about here relates to the basic ingredients of what it takes to attain mission success. I think athletes really understand this concept better than anybody, because competitions themselves are microcosmic examples of how Soldiers function on the battlefield. The big difference is that the Army doesn't rest any Soldiers on its sidelines.

Every Soldier has a position to play and is required to contribute at all times.

This is the only way in which we can effectively accomplish our goals. But that's the epitome of teamwork, which at Fort Jackson is the main ingredient in making things happen. We are entrusted in the tremendous responsibility of transforming civilians into Soldiers, so we have to stay on top of our game at all times. I am confident we do that and will continue to do so.

But that's another column, for another time. For right now, I commend all of the participants in the intramural programs as well as the organizers and sponsors. Let me also congratulate this year's winner of the Commander's Cup, which is Task Force Marshall. Great effort by an important part of our Fort Jackson team — well done!!

Army Strong and Victory Starts Here!

The Fort Jackson Leader

Fort Jackson, South Carolina 29207

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IT critical to communication

The Installation Management Community is committed to leveraging the power of technology to expand our communication capabilities and enhance our ability to serve and support Soldiers, civilians and families.

In today's world, IT is at the core of all we do at work, at home and at play. Smaller, more powerful and less expensive IT products hit the market every day. Becoming savvy with state-of-the-art technology helps us work smarter, learn more efficiently and play harder.

Because IT is so critical to how we do business and communicate, I have made IT one of the focus areas of the Services and Infrastructure Core Enterprise in my role as co-lead of the SICE board. SICE is a collaborative and cross-functional team of more than 15 commands, organizations, and staff offices formed to develop solutions to Armywide challenges. Currently, the SICE team is developing plans to modernize and standardize IT services on Army installations.

The results will enhance delivery of IT in the deployment process, training, and programs such as Comprehensive Soldier Fitness. Also, look for improved IT to lead to improvements on how we deliver on our promises of the Army Family Covenant and Army Community Covenant.

The most important components of IT — telecommunications, information assurance and data processing — tie into every aspect of installation management. We use telecommunications to connect Soldiers to their families by video teleconference when they deploy. Tech-smart Soldiers and family members use it when they tweet to friends and family through their Twitter accounts. Information assurance measures and practices reduce risk and ensure our communication and information remain secure from malicious attacks.

LT. GEN. RICK LYNCH
IMCOM
Commanding
General



IA enables Soldiers and civilians to communicate with government-issued Blackberries, knowing conversations are secure from unauthorized individuals. Most of us use data processing to manage our bits and bytes of information each day when we work on desktop computers, laptops, scanners and copiers. And, cell phones may be the most powerful device of all since they incorporate all three of these IT components.

Every day, the universe of IT products expands. Mobile handheld devices like the current generation of smartphones open up possibilities only dreamed of a few years ago. The convergence of cell phones, digital cameras, music players, GPS, video games, camcorders, electronic book readers and mobile web browsers rapidly change how we communicate and interact.

As the IMCOM commander, I am dedicated to embracing these technologies and adapting them to continue to be ahead of the curve in supporting Soldier, civilian and family well-being and mission readiness. Each generation of Soldiers brings a valuable, new perspective to the Army. It is up to us to stay in step with communication capabilities that are in synch with a quality of life commensurate with service.

We are the Army's home.

“Each generation of Soldiers brings a valuable, new perspective to the Army.”
— Lt. Gen. Rick Lynch
IMCOM commander



Follow the Leader on Twitter at www.twitter.com/fortjacksonpao for breaking news and updates.

Bingo! Soldiers show vets a good time

By KRIS GONZALEZ
Fort Jackson Leader

Fort Jackson battalion 'adopts' nursing home

Fort Jackson Soldiers volunteered a few hours of their time for those who have sacrificed a lifetime.

Tuesday, cadre of the 3rd Battalion, 34th Infantry Regiment visited veterans of wars past, showing them appreciation and that their patriotism is far from forgotten.

"Veterans give us a window to the past," said Lt. Col. Bryan Hernandez, 3-34th commander. "By spending time with them we provide them a reminder that they are cherished by all those in uniform, and they pass to us a legacy rich in history and tradition, to remember how great our country is."

“Anything we learn from these ladies and gentlemen will only strengthen us as well-rounded Soldiers.”

— Capt. Loni Ayers
Company E,
3rd Battalion,
3rd Infantry Regiment

The 3-34th Soldiers traveled to downtown Columbia to the E. Roy Stone Veterans Pavilion, a nursing care facility built specifically to serve South Carolina veterans, to engage in conversation and play a few games of bingo with the seasoned veterans, some who had fought as long ago as during World War II and as recently as during the Vietnam War. Approximately 70 veterans reside at the facility.

"Their smiles and genuine happiness to see us at the ... home made us feel very welcomed," Hernandez said. "They wanted us there and we wanted to be there sharing good quality time with them."

Carl Hardy, who was at the Pavilion visiting his wife's stepfather, Thaddeus Benton, an 85-year-old Army veteran who served in Africa during World War II and boasts of a 20-year career, said he was extremely pleased to see the 3-34th Soldiers visiting.

"It's good for (the residents)," Hardy said. "It boosts their morale. They're used to doing the same ol', same ol' seven days a week. (Someone) visiting with them makes



Photo by KRIS GONZALEZ

Capt. Nyanu Person, personnel officer for the 3rd Battalion, 34th Infantry Regiment, writes bingo numbers as they are called during a game Tuesday at the E. Roy Stone Veterans Pavillion, a nursing care facility built specifically to serve S.C. veterans.

them feel better. They're happy."

Eric Jones, the activity therapy supervi-

sor, who has been working for the home for eight years, said the residents do get

visitors from different Veterans of Foreign Wars groups a couple of times a month, and sometimes children visit to put on performances, but he said the residents would always like to see more people, more often.

"We want people to come as much as possible," Jones said. "It makes (the residents) feel like they're still a part of the community, and it's good for them to see new, fresh faces. You can come to a place like this and see four walls and only your caregivers; it leaves you stagnated. It's always good to get a breath of fresh air."

Jones said having the residents see Soldiers in uniform is especially good for their visual, audio and sensory stimulation; it also helps them recall things they haven't remembered in years.

"When they see those uniforms, they go back in time and remember when they had to wear fatigues and went through basic training."

Capt. Loni Ayers, commander of Company E, 3-34th, said visiting the veterans not only honors them, but it also gives younger Soldiers an opportunity to learn from them.

"I've heard plenty of what some would call war stories," Ayers said. "To (these veterans), they are life stories. The (veterans) are very proud of their branches, jobs and service in general — as they should be. They paved the way for us and have so many lessons-learned to share. Anything we can learn from these ladies and gentlemen will only strengthen us as well-rounded Soldiers."

Capt. Nyanu Person, personnel officer for the battalion, said the most significant thing he learned from talking to the veterans was that one day he may be in the same position as the veterans.

"And I hope and pray that I will have someone that cares enough to spend time with me," Person said.

"Today was not a tasking for me," he continued. "It was something that I really wanted to do, and it will be something that I will continue to do in the future."

The visit was the first but certainly not the last for Hernandez and his Soldiers, who are "adopting" the veterans and plan to visit them every other week. Hernandez said he wants to ensure his officers and noncommissioned officers have many opportunities to visit throughout the year, "to meet this group of great Americans."

Kris.Gonzalez1@us.army.mil

Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the Feb. 10 Leader must be submitted by today.

Announcement submissions are due one week before publication.

For example, an announcement for the Feb. 10 Leader must be submitted by Feb. 3.

Send your submissions to FJLeader@conus.army.mil.

For more information, call 751-7045.



Prayer breakfast set for next week



MULLINS

By **CHAPLAIN (CAPT.) RANDY PERRY**
2nd Battalion, 39th Infantry Regiment

Tom Mullins, founder of Christ Fellowship in Palm Beach Gardens, Fla., will be the guest speaker for the Fort Jackson observance of the National Prayer Breakfast, scheduled for 7 to 8:30 a.m., Feb. 4, at the NCO Club.

Mullins is a pastor, master leadership coach, international speaker and author of multiple books on leadership, resiliency and confidence training.

This year's theme will be "The Battle Within" with the key scripture verse of Judges 6:14.

Mullins said he will relate how the three greatest mentors in his life: his grandfather, John Maxwell (pastor, leadership expert, speaker and author) and Bill Bright (founder of Campus Crusade for Christ), influenced his life and ministry.

The National Prayer Breakfast dates back to 1942 (during World War II) when a group of senators and representatives began meeting for spiritual support. With the war raging overseas and the great demands on their roles in governing during the war, this group of leaders met

prayerfully seeking much needed personal and spiritual support for each other.

Later in 1953, President Dwight Eisenhower established a Presidential Prayer Breakfast, with the specific goal of seeking divine guidance which nationally enhanced and promoted a united dependence upon God.

In 1970, the event's name was changed to the National Prayer Breakfast. The breakfast takes place now annually in Washington the first Thursday of February. Many military installations continue to annually host their own National Prayer Breakfasts to support the national emphasis.

DoD gives PTSD help 'second life' in virtual reality

By **ALEXANDRA HEMMERLY-BROWN**
Army News Service

WASHINGTON — The Department of Defense launched a computer-based virtual world last week where Soldiers can anonymously learn about the symptoms of Post Traumatic Stress Disorder and where to get help.

Creators of the Virtual PTSD Experience at the National Center for Telehealth and Technology, or T2, hope the program will cut down on stigma associated with the "signature wounds" of the wars in Iraq and Afghanistan: PTSD and Traumatic Brain Injury.

Inside the computer-based program, service members can create an avatar, a cartoon-version of themselves, to navigate through realistic scenarios in Second Life, a virtual-reality video game.

"I have seen too many warriors who come home from a deployment and silently suffer for years before they get help," said Greg Reger, a clinical psychologist and acting chief of T2's Innovative Technology Applications Division.

Once logged onto the Virtual PTSD Experience, service members will encounter a visitor's center on "Psychological Health Island," which will lead them through the three sections of the program: causes, symptoms, and next steps. Throughout the virtual experience, users can click on brochure links that will take them to informational websites, connect them with mental-health facilities to schedule an appointment or lead them through relaxation exercises.

During the "causes" section of the program, participants are led through a role-playing scenario, which resembles a crowded marketplace similar to what Soldiers may have witnessed while deployed in Iraq or Afghanistan. During the scenario, a Humvee explodes and users monitor their reaction and stress level.

Next, users are sent on a virtual flight home where they encounter everyday activities like visiting a shopping mall and facing large crowds.

"Someone who's been in a crowded market setting where their life was put at risk, naturally might not like being in very crowded situations such as a shopping mall," Reger said of the program's section.

Those using the program can navigate their avatar virtually through situations that they actually may not be comfortable with in real life, Reger explained.

"An individual can go into this space and go through a series of interactive simulations and experiences that really help them learn about the causes of PTSD, the symptoms, and how they can get help," he said.

Throughout the program, a "relax button," is available



DoD screenshot

Service members and their families can access mental-health websites and literature from the self-help gazebo inside the Virtual PTSD Experience, which was created by the National Center for Telehealth and Technology.

when any scenario becomes too overwhelming. The user will be immediately transported to a relaxation room to listen to relaxing music or take part in relaxing breathing techniques.

Program creators hope that in the future the Virtual PTSD Experience can facilitate actual virtual patient appointments, where users can meet with mental health professionals using their avatars.

"Here, you are an avatar, and no one knows who you are in real life unless you tell them," the program's introduction video explains. "You can feel free to explore everything on this island without worrying that others might see you or think less of you. Of course, getting information and help does not make you less of a Soldier, Airman, Sailor or Marine."

Program designers are hoping this new approach to mental health help will hit home to those ashamed to seek help using traditional venues.

"We created an environment that lets people learn by doing, rather than reading text and watching videos on two-dimensional websites," said Kevin Holloway, the psychologist who led T2's virtual world development. "They can learn something new each time they visit."

The welcome video hopes that providing a place like Psychological Health Island in Second Life will help users regain their first life too.

"We do wonder about the potential in this space to really get some of these folks connected with each other in a meaningful way that might be helpful," Reger said. "That's what we're here to do, to find new solutions."

Housing Happenings

COMMUNITY UPDATES

- ❑ The single Soldier town hall meeting originally scheduled for Jan. 26 has been re-scheduled for 5:30 p.m., Feb. 2 at the Single Soldier Complex.
- ❑ Glass recycling containers will be put up in the housing area Feb. 7. The containers will be placed on Pershing Road in Mabry Manors and at the corner of Moses and Carter roads in Pierce Terrace 7. Additional containers will be placed in other areas of housing by the end of February.
- ❑ Remember, those who plan to leave home for an extended period should set the thermostat to 65 degrees during the winter months to avoid frozen pipes.
- ❑ All Christmas decorations in housing should be removed by now. Residents who have not removed theirs yet are asked to do so as soon as possible.
- ❑ Balfour Beatty is now accepting geographical bachelors for on-post housing. Call 738-8275 for more information.
- ❑ Refer a friend to move on post and you can receive \$250. Call 787-8275 for more information.
- ❑ Energy-saving tip: Clean the lint trap in your dryer regularly to keep it running more efficiently and make sure the exhaust is not blocked.
- ❑ Balfour Beatty is on Facebook. Search for Fort Jackson Family Housing, then "like" us to stay up-to-date on housing happenings.

COMMUNITY UPDATES

- ❑ To date, 256 homes have been completed.
- ❑ To date, 321 units have been demolished in the Phase II area for junior noncommissioned officers.

Spouses Forum convenes

By **SUSANNE KAPPLER**
Fort Jackson Leader

A new program for Fort Jackson spouses got a snow-delayed start Tuesday. The Fort Jackson Spouses Forum, originally scheduled for Jan. 11, had its initial meeting Tuesday at the Family Readiness Center.

The group is facilitated by Elizabeth Maher, Army Community Services outreach coordinator, who said her vision is to provide an inspirational and motivational forum for spouses and an opportunity for them to socialize, network, resolve issues and engage in fun activities.

"The reason I started this group is because I feel like we need a way to socialize with all the other spouses out there," said Maher, who is an Army spouse herself. "I'm trying to reach out to everybody, especially those (spouses) who are not satisfied."

Maher said she has heard from a number of spouses who are dissatisfied with their situation, and that she encourages those spouses to be involved in the community and take advantage of programs in place.

"We need to empower and inspire (spouses) to become involved and be responsible for themselves," she said.

Forum participants had the opportunity to fill out an interest survey to determine the future course of the group. Maher said she hopes that smaller groups, like a book club or a quilting group, will form to bring together spouses with similar interests.



Photo by *SUSANNE KAPPLER*

Elizabeth Maher, Army Community Services outreach coordinator, addresses participants of Fort Jackson's first Spouses Forum Tuesday at the Family Readiness Center. The forum will meet again Feb. 9.

Future meetings may also include short information sessions to brief participants about services available on post.

Shanan Himes, who has been on Fort Jackson since May, said she participated in the forum to help other spouses, especially those who are new to the post or the Army.

"I want to make sure no other spouses feel as isolated as I felt when I moved to Fort Jackson," Himes said.

Maher said the forum is not competing with existing spouses' groups, such as family readiness groups, A.T. E.A.S.E. and Protestant Women of the Chapel, but is an addition to what is already offered on post. She said she hopes the group will provide

an additional outlet for spouses to interact.

One of the plans that came from Tuesday's forum — to do volunteer work as a group — caught the attention of Pam Jacobs, who said she is interested in exploring volunteer opportunities in addition to meeting other spouses.

"I'm a big believer in getting out and socializing not only with Army spouses, but (with) other women in general," Jacobs said.

The next Spouses Forum is scheduled for 9 a.m., Feb. 9 at the Family Readiness Center. For more information, call 751-5458 or e-mail Elizabeth.Maher@us.army.mil.



1-61 opens new building

Officials cut the ribbon for the Basic Training Complex II Friday. The complex is the new home of the 1st Battalion, 61st Infantry Regiment. Cutting the ribbon were, from left, Lt. Col. Charles Krumwiede, commander of the 1-61st, 1-61st Command Sgt. Maj. Willie Parker Jr., Annalesa Parker, manager of the 1-61st dining facility, Lt. Col. Jason Kirk, commander of the Charleston district U.S. Army Corps of Engineers, Thomas Robertson, director of public works and Thomas Owens, who served with the 1-61st during the Vietnam War.

Photo by *SUSANNE KAPPLER*

Housing, DES among topics to be addressed at meeting

Continued from Page 1

individuals as possible, (and is especially) for those who may not be able to attend," said Lewis Kellam, Directorate of Plans, Training, Mobilization and Security supervisor operations officer. "They can log on to the web and be part of the meeting."

Although the last town hall meeting was recorded and broadcast over the Internet, this is the first time it will be live and allow interaction.

"I think it is a great idea. I have seen it work at other installations," said Robert Frazier, Directorate of Emergency Services. Frazier will brief attendees on the Ready Army program, which is designed to prepare Soldiers and their families for emergencies. "It is a good venue, but I think it is going to take some time to get the participation desired."

Participants will have the option of e-mailing their questions in advance of the meeting or asking a question live via chat. Those with web cams will also be able to broadcast their faces, which will viewable on a large screen at the Solomon Center.

The town hall meetings typically average 40 to 100 attendees. Many attend the events in a work capacity.

"We are attempting to use all of the resources available to try and communicate with those who live and work on Fort

Jackson," Kellam said. "The goal is to get feedback for the garrison commander to make the best decision for those on post."

Balfour Beatty representatives will also provide an update on construction projects in the family housing area.

"I think we will probably have more families living on post attending online versus braving the cold and coming outside," said James Harper, Balfour Beatty project director.

Harper will brief attendees on the number of new homes becoming available and the amount of demolitions they can expect to see.

"The town hall meeting is a good avenue for information and a place to get your questions answered on the spot," Harper said. "All of the experts are there. It is the best forum on Fort Jackson to get issues and concerns heard."

Army Community Services will also brief the audience on the Single Parent Initiative and AAFES will provide an update on upcoming sales and construction.

To be a part of the town hall live visit www.MyVSL.com/fortjackson1; to submit a question before the meeting e-mail JACKSON_townhall_questions@conus.army.mil.

Chris.Rasmussen@jackson.army.mil

Touring the facilities



Photo by SARA CORBETT, U.S. Army Corps of Engineers, Charleston District

Lt. Gen. Robert Van Antwerp, Army chief of engineers and commander of the U.S. Army Corps of Engineers, shares a laugh with Navy Chaplain (Capt.) Michael Langston, commanding officer of the Navy Chaplaincy School and Center, and Chaplain (Col.) David Smartt, commandant of the U.S. Army Chaplain Center and School, during a tour of the Armed Forces Chaplaincy Center, which was constructed by the Corps of Engineers. The AFCC opened its doors last year.

News and Notes

TRAINING EXERCISE CONDUCTED

A training exercise near the Sumter National Forest is scheduled to begin Tuesday and run through Feb. 11. During the course of the training, some residents may hear blank gunfire or see occasional flares, neither of which pose any risk to people or property. Residents who encounter any difficulties during the training should contact local law enforcement officials, who will contact the Marine special Operations Command, which is conducting the training. Call (910) 440-0120 for any questions or concerns.

COMMUNITY TOUR SCHEDULED

The next "Come see your Army tour" is scheduled for Feb. 24. The tour will give the community and opportunity to attend a Basic Combat Training graduation; observe Soldiers training; get hands-on experience with a weapons simulator system; and eat lunch in a military dining facility. Call 751-1474/5327 no later than Feb. 16 for more information and to reserve a seat.

HOMES FORTROOPS SEEK VOLUNTEERS

Three hundred volunteers are being sought for a Homes for our Troops build scheduled for Feb. 11-13. The home is for a local injured Iraq veteran. Volunteers are needed to assist with small labor tasks. The minimum age for volunteers is 13. The deadline for volunteer sign up is Feb. 4. Call 751-1148 or 751-4155 for more information.



Jan. 27 — 7 p.m. The Tourist	PG-13
Jan. 28 — 4 p.m. Megaminds	PG
Jan. 28 — 7 p.m. Little Fockers	PG-13
Jan. 29 — 4 p.m. Yogi Bear	PG
Jan. 30 — 6 p.m. Little Fockers	PG-13
Feb. 2 — 2 p.m. Little Fockers	PG-13
Feb. 2 — 6 p.m. Yogi Bear	PG
Feb. 3 — 6 p.m. Little Fockers	PG-13
Feb. 4 — 4 p.m. Karate Kid	PG

Ticket admission

Adults: \$4.50

Children (12 and younger): \$2.25

Visit www.aafes.com for listings or call (803) 751-7488.



Follow the Leader on Twitter at www.twitter.com/fortjacksonpao for breaking news.

Obama to discuss Let's Move! program

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reflective vest or clothing.

After entering the gate, follow directions to Hilton Field and the parking instructions from traffic control personnel.

Guests should plan to arrive as early as 9:30 a.m., but not later than noon. All are encouraged to arrive by 11 a.m., if possible. Maximum use of carpooling is also encouraged.

Security scans will take place at the graduation site. Large bags, backpacks, pets, grills, alcoholic beverages, firearms and coolers will not be allowed on the field or in the seating area.

The graduation ceremony is outdoors so dress appropriately, and plan on a lengthy walk from the parking area to the bleachers. Handicapped parking will be available. The temperature at the time of the ceremony is anticipated to be in the mid-40s.

Because of the expected heavy traffic Thursday, visitors to Fort Jackson who do not have pressing business should make alternate plans.

Food and drink concessions will be available at Hilton Field starting at 9 a.m. Bleacher and main grandstand seating are available.



Photo by CHERIE CULLEN, Department of Defense

First Lady Michelle Obama thanks military members and civilian employees for their service at the Pentagon on April 9, 2010. Secretary of Defense Robert Gates hosted the event.

Third Army touts family covenant programs

By STAFF SGT. BETH LAKE

Third Army/U.S. Army Central Public Affairs

During a time in which the Army has been stressed by multiple deployments, a covenant that provides support to families is crucial. This is especially important in Third Army/U.S. Army Central where Soldiers stay ready to deploy at a moment's notice to any of the 18 countries in the command's area of responsibility. That is where the Army Family Covenant, a pledge to support Soldiers' families, comes in. The covenant, first signed in 2007, provides funding and support for family programs, physical and mental health care, housing, education and child care and employment opportunities for spouses.

As Third Army prepares to make Shaw Air Force Base in Sumter its new home this year, Third Army's Family Readiness Group has worked to ensure these covenant entitlements are available on base.

"Third Army Soldiers, civilians and their dependents are eligible to take advantage of the Army Covenant entitlements right now on Shaw Air Force Base," explained Martha



Robinson, chief of the Airmen and Family Readiness Center. "No services are being denied."

Robinson explained that entitlements range from sports programs to dance and taekwondo classes to child care.

"For our youth sports we have softball, baseball and soccer programs," Robinson said. "Those programs are open to all military and civilian members who work here on the base. That includes the Soldiers from Third Army and their dependents. Registration is open and all youth are welcome."

Families are also able to take advantage of 16 hours of free child care per month. Care is available from 6 a.m. to 6 p.m. at the child development center on base. There is a maximum of 10 hours of care available during the day. Third Army currently has eight children enrolled in this program. Six Third Army children are also taking advantage of the after school program available for school-aged children at

the CDC.

Once a family uses the 16 hours of free child care, the family can use the services for \$4 per hour for each child. When a Soldier or civilian is deployed, this rate is discounted.

"We already have Third Army families who are arriving in April and May calling us to let us know they want to use our facilities," Robinson said. "We encourage Third Army families to send us their information so when they arrive, they can have care available."

Soldiers and civilians moving to Shaw Air Force Base who are interested in enrolling their children can call Yulanda Richardson at 895-2247 for more information.

"I'd like to welcome Third Army to Shaw and tell the Soldiers, civilians and families to come visit our child development center," Robinson said. "We have an accredited program which offers quality care for the children of military members and the care is provided 10 hours a day for any family from age six weeks to 12 years of age. We also have a youth program and a teen program."

For more information, call the Airman and Family Readiness Center at 895-1252.



Retirement Review

Retiring Soldiers were honored during a ceremony Wednesday at Joe E. Mann center. From left: Chaplain (Col.) George Roberts, 1st Sgt. Kevin Frieson, First Sgt. George Person Jr., Master Sgt. David King, Sgt 1st Class Jeremie Andrews, Sgt 1st Class Randall Bitz, Sgt 1st Class Shawn Perkins and Sgt 1st Class Dwight Smith and Staff Sgt. Jeffrey Kelly (not pictured).

Photo by James Arrowood, command photographer

Liaisons pave way for military students

By KRIS GONZALEZ
Fort Jackson Leader

Military life can be tough, but getting an education shouldn't be tough for military children.

That's why Fort Jackson and other U.S. military installations around the globe have hired school liaison officers to work with families, schools, commanders and agencies to promote quality education for military children and youth.

"Military life offers a lot of educational challenges, and we help families face those challenges," said Ann Gordon, one of Fort Jackson's two school liaison officers.

Gordon, along with fellow SLO Keisha McCoy-Wilson, is responsible for managing and coordinating education support services at the installation level. They advise on- and off-post school administrators and staff about how to better serve military children.

"We wear many hats," Gordon said. "We're advisers, communicators, advocates and coordinators."

As subject matter experts for youth education and school issues, Gordon and McCoy-Wilson serve as the primary advisers to commanders and their staff on matters relating to military children in pre-Kindergarten through 12th grade. Gordon primarily works with staff, parents and students of Fort Jackson's two elementary schools and schools within Richland County School District One; McCoy-Wilson works with schools within Richland County School District Two, where the majority of Fort Jackson's military children attend off-post schools.

"We're the bridge between the installation and the public school system," Gordon said.

The SLOs participate in faculty and school board meetings, assist schools in relaying information to military families and conduct workshops to educate the public about the challenges military children encounter. They communicate to military families about all education resources and programs available to them, as well as information regarding enrollment and graduation requirements, and various curriculum standards and policies at the district, state and federal levels.

Because of the vast amount of information they can provide, McCoy-Wilson said she thinks SLOs should be the first points of contact for families with school-age children making a permanent change of station to any installation.



Photo by KRIS GONZALEZ

Keisha McCoy-Wilson, Fort Jackson's school liaison officer for Richland School District Two, speaks during a Partners in Education meeting Tuesday at the Officers' Club. McCoy-Wilson is one of the post's two SLOs.

"We provide information to parents so they can make informed decisions about where their children should attend school," McCoy-Wilson said. "By coming to us, they can avoid going to different departments to find information they could easily get directly from us."

The SLOs work closely with post agencies and programs such as the Army Community Services and its Exceptional Family Member Program, and off-post agencies such as the Military Child Education Coalition, Partners in Education and Operation Military Kids, South Carolina.

Lt. Col. Bryan Hernandez, commander of the 3rd Battalion, 34th Infantry Regiment and Fort Jackson school board president, said the SLOs are the "critical link" between the students, military parents, schools and Fort Jackson agencies, helping to ensure military children "get a great education and are supported through the tough transitions from base-to-base moves."

One of the most important tasks of an SLO is to work with schools to develop solutions to overcome barriers, allowing for smoother transitions for military children, McCoy-Wilson said. SLOs facilitate solv-

ing problems and resolving issues, linking families with individuals or groups who can appropriately address issues or concerns.

"We want to make sure there is a cohesiveness, especially when our families transition from different areas, ... (so) that students have the services and resources they need to be successful," she said.

McCoy-Wilson described an experience midway through the 2009-2010 academic year in which a military family stationed at a U.S. Army installation in Germany relocated to Fort Jackson. Their child, a senior in high school at the time, did not meet requirements to graduate from high school in South Carolina; however, he did meet the requirements to receive a diploma from his former high school. The principals from both high schools did the appropriate paperwork to ensure the student would receive his diploma from his former school and that he would graduate on time. As graduation day approached, the student was told he would not be permitted to walk in the graduation ceremony.

The student's parents contacted McCoy-Wilson who later contacted the school.

"I contacted (administrators) at the high school, provided them the documentation that (the student) would be receiving a diploma from his high school in Germany, and I let them know that allowing that child to walk across the stage would not be unprecedented, that this had happened before, and because (walking) is a serious milestone in a child's life, I asked them to consider allowing him to walk across the stage," McCoy-Wilson said. "The student did walk across the stage, but without the school liaison's input, we can't be sure that would have happened."

McCoy-Wilson said the most common issue she deals with is when families move outside of their zoned area, whether it is in or outside of the same school district, who still want to have their child attend the same school he or she was attending prior to the move.

"Due to their address change, their child has to go to the school or district for which they are zoned," McCoy-Wilson said. "Some parents don't necessarily want to do that, but it's district policy. That's why it's so crucial to talk to us before moving. We don't write the policies for the district, but we can provide the information to the parents so they can make the best informed decisions based on their child's needs."

McCoy-Wilson said she and Gordon can help parents use an address locator that can help identify if an address is within a particular district's boundary lines.

The SLOs also assist military families who home-school their children by ensuring they receive information regarding programs and resources available to them as well as the information about the Common Core State Standards that were recently adopted by 41 states to set educational standards across state lines.

Bethany Storlazzi, who heads Fort Jackson's home-school group, said she appreciates having someone on post to help her and other home schooling families stay connected.

"There are many programs available to students of every grade and school choice," Storlazzi said. "Since many families live off post and are somewhat disconnected to post activities, every family should make it a point to contact their school liaisons at least once a year to find out what options and programs are out there."

For more information, contact Ann Gordon or Keisha McCoy-Wilson at 803-751-6150 or visit the School Liaison Web page at www.fortjacksonmwr.com/school_liaison.



FORT JACKSON

- ☐ Feb. 3: School Board meeting, 4 to 5 p.m., at C.C. Pinckney Elementary School
- ☐ Feb. 18: Early dismissal (11:30 a.m.)

- ☐ Feb. 21: No school; President's Day

RICHLAND DISTRICT ONE

- ☐ Today: early dismissal for elementary and middle schools.
- ☐ Feb. 10: Delayed start for high schools.

- ☐ Feb. 21: No school; President's Day

RICHLAND DISTRICT TWO

- ☐ Wednesday: early dismissal for elementary schools.
- ☐ Feb. 21: President's Day (holiday or inclement weather make-up day)

Obama announces family initiative

By ELAINE WILSON

American Forces Press Service

WASHINGTON — President Barack Obama this week unveiled a governmentwide plan to strengthen military family support, offering a glimpse at a few of the new programs and cooperative efforts being launched in the coming months to improve quality of life and well-being for military families.

“Today, I’m proud to announce that for the first time ever, supporting the well-being of our military families will be a priority not just for the Department of Defense and the Department of Veterans Affairs, but all across the federal government,” Obama said.

Speaking from the White House’s East Room, Obama unveiled this “unprecedented commitment” to military families with First Lady Michelle Obama and Dr. Jill Biden, wife of vice president Joe Biden, at his side. Top government and Defense Department officials also were on hand, including Defense Secretary Robert M. Gates, Chairman of the Joint Chiefs of Staff Navy Adm. Mike Mullen, the service chiefs, and their spouses.

Spotlighting the importance of military family support, Obama recalled his trip to Afghanistan last month, where he spoke to troops and asked them what he could do to better support them.

“Without missing a beat, they looked me in the eye and they gave me their answer,” the president said. “It wasn’t about more equipment. It wasn’t about more resources on the battlefield. In fact, it wasn’t about them.

“They said, to a man: ‘Sir, take care of our families,’” he said. “If we know our families are all right back home, then we can do our jobs.”

Service members and their families have done everything the nation has asked of them in this decade of war, and the nation now must serve them with the same unfailing support, Obama said. That’s exactly why he directed a government-wide review of military family support, he added, calling for “innovative new partnerships” to better serve military families worldwide.

Earlier this week, the White House released the results of this nearly yearlong review of military family support. From child care to health care to spouse employment, the report — titled “Strengthening our Military Families: Meeting America’s Commitment” — identifies the key issues military families face and presents programs and resources government agencies plan to launch in the coming months to address them.

The report outlines four key areas the whole-of-govern-



Photo by ELAINE WILSON, American Forces Press Service

President Barack Obama announces a whole-of-government initiative to benefit military families as Dr. Jill Biden, wife of Vice President Joe Biden, and First Lady Michelle Obama look on during the Jan. 24 event at the White House.

ment effort plans to address: enhancing military families’ well-being and psychological health, developing military spouse career and education opportunities, increasing child care availability and quality, and ensuring excellence in military children’s education and development.

Improving quality of life is a priority, Obama noted, offering a glimpse at some programs that will focus in the coming months on families’ well-being. The Defense and Health and Human Services departments, for example, are working together to improve community mental health services and to prevent suicides, he said. And a new office in the Treasury Department will help to protect military families from financial pitfalls, such as predatory lending.

“And we are going to remain relentless — not just at VA, but at (the Housing and Urban Development and Health and Human Services departments) and across the government — in our fight to end homelessness among our veterans,” the president said.

“We have to have zero tolerance for homelessness among our veterans,” he added, a statement that was met

by thunderous applause.

Another priority, Obama said, is the education and development of military children, many of whom attend public schools. He praised the efforts of agencies such as the Education and Interior departments. The Education Department will give military families priority in some of its grant programs, and the Interior Department plans to create more opportunities for military children.

The government also will “redouble” its effort to help military spouses attain education goals and careers, Obama said.

“We’re going to help spouses to get that degree, find that job or start that new business,” he said. “We want every company in America to know our military spouses and veterans have the skills and the dedication, and our nation is more competitive when we tap their incredible talents.”

Finally, the government is going to expand child care options for military parents. “Working together, we believe we can find new child care options for tens of thousands of military children,” the president said.

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Chandra's
Inside Jenny's Handbook
from
PCSing is FUN!
- Page 12 -

The FUN part of
PCSing
is the newness of
everything around you...

JennySpouse.com

...new friends...

01/10
JLN

...a new house for
your old stuff...

JulieNegron.com

...and new places for the kids
to play!

Julie

Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE



Staff Sgt. Richard Cruz
Company A
1st Battalion,
34th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Cly Vaughan

SOLDIER OF THE CYCLE
Pfc. Michael Kane

HIGH APFT SCORE
Pfc. Eric Slater

HIGH BRM
Pfc. Christopher Sheehan



Staff Sgt. Matthew Odell
Company B
1st Battalion,
34th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Jacoby Davis

SOLDIER OF THE CYCLE
Pfc. Danae Brinson

HIGH APFT SCORE
Pvt. Cody Holte

HIGH BRM
Pfc. Laton Patrick



Staff Sgt. Brian White
Company C
1st Battalion,
34th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Nicholas Williams

SOLDIER OF THE CYCLE
Pvt. Daniel Benson

HIGH APFT SCORE
Pvt. Brandon Miller

HIGH BRM
Pvt. John Murphy



Staff Sgt. Sierra Burrell
Company D
1st Battalion,
34th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pvt. Luke Pilkington

SOLDIER OF THE CYCLE
Pfc. Kenneth Palacios

HIGH APFT SCORE
Pvt. Erik Pederson

HIGH BRM
Spc. Elijah Townsend



Sgt. 1st Class Phillip Durousseau
Company E
1st Battalion,
34th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Ryan Joslin

SOLDIER OF THE CYCLE
Pfc. Joel Quick

HIGH APFT SCORE
Spc. Kelley Ludlum

HIGH BRM
Pvt. Kortlandt Williams



Staff Sgt. Fernando Angel
Company F
1st Battalion,
34th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Jesus Felix

SOLDIER OF THE CYCLE
Pfc. Dewayne Hoover

HIGH APFT SCORE
Spc. Corbin Barber

HIGH BRM
Pfc. Terril Williams

SUPPORT AWARDS OF THE CYCLE

STAFF SUPPORT
Staff Sgt. Melanie Williams

TRAINING SUPPORT
Lloyd Daniels

SERVICE SUPPORT
Jerry Butler
Phillip Jackson

DFAC SUPPORT
Mae Hopkins

Training honors



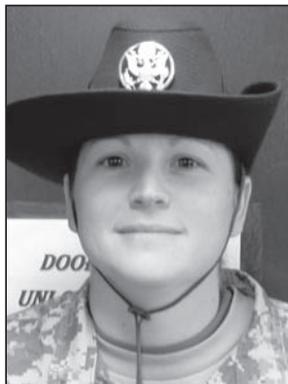
Sgt. Andre Ward
Cadre of the cycle,
Company C,
369th Adjutant General
Battalion



Staff Sgt. Alexander Brown
Instructor of the cycle,
Company C,
369th Adjutant General
Battalion



Sgt. 1st Class Michael Johnson
Platoon sergeant of the cycle,
Company C,
369th Adjutant General
Battalion



Staff Sgt. Cynthia Martinez
Drill sergeant of the cycle,
Company A,
Task Force Marshall



Sgt. Randy Jones
Drill sergeant of the cycle,
Company B,
Task Force Marshall



Willie Polite
Civilian of the cycle,
Company B,
Task Force Marshall



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Like us on Facebook. Log on to your account and search for "Fort Jackson Leader."



Calendar of Events — February

TUESDAY, FEB. 1

- ☐ **Inprocessing/re-entry brief** — 7:30 to 8 a.m.; Strom Thurmond Building, Room 222
- ☐ **Relocation planning (stateside workshop)** — 10 to 10:30 a.m.; Strom Thurmond Building, Room 213
- ☐ **EFMP family night out** — 5 p.m.; Chick-fil-A, Decker Boulevard

WEDNESDAY, FEB. 2

- ☐ **Scholarship seminar for military family members** — 9 to 10 a.m.; Strom Thurmond Building; Room 222
- ☐ **Post newcomer orientation/tour** — 9 to 11:30 a.m.; Post Conference Room
- ☐ **NPSP play group** — 10 to 11:30 a.m.; call for location
- ☐ **Phase II LEVY brief** — 2:30 to 3:30 p.m.; Strom Thurmond Building; Room 213

THURSDAY, FEB. 3

- ☐ **Inprocessing/re-entry brief** — 7:30 to 8 a.m.; Strom Thurmond Building, Room 222
- ☐ **AER commander's referral training** — 9 to 10:30 a.m.; Education Center, Room B203
- ☐ **Instructor-led computer training — intermediate MS Excel** — 9 a.m. to noon; location to be announced
- ☐ **English as a second language conversational** — 12:30 to 2 p.m.; Strom Thurmond Building, Room 222

FRIDAY, FEB. 4

- ☐ **EFMP event; Peter Pan** — 7 p.m.; Children's Theater at Midtown at Forest Acres, 3400 Forest Drive; call 751-5256 to RSVP

SATURDAY, FEB. 5

- ☐ **EFMP event; Jamil Shrine Temple circus** — 10 a.m.; Children's Theater at Midtown at Forest Acres, 3400 Forest Drive; call 751-5256 to RSVP

MONDAY, FEB. 7

- ☐ **English as a second language class** — 9 to 11:30 a.m.; Strom Thurmond Building, Room 222
- ☐ **FRG basic training class** — 9 a.m. to 4 p.m.; Family Readiness Center

TUESDAY, FEB. 8

- ☐ **Inprocessing/re-entry brief** — 7:30 to 8 a.m.; Strom Thurmond Building, Room 222
- ☐ **Baby Basics workshop** — 10 a.m. to 3 p.m.; For more information, call 751-6304/1071/6868
- ☐ **From zero to a welding career in 10 weeks** — noon to 1 p.m.; Strom Thurmond Building, Room 222
- ☐ **EFMP family night at EdVenture Children's Museum** — 5 p.m., 211 Gervais St., \$1 entrance fee
- ☐ **NPSP outing at EdVenture Children's Museum** — 5 p.m., 211 Gervais St., \$1 entrance fee

WEDNESDAY, FEB. 9

- ☐ **Job searching strategies** — 8:30 to 11:30 a.m.; Strom Thurmond Building, Room 222
- ☐ **Fort Jackson spouses forum** — 9 to 11:30 a.m.; Family Readiness Center
- ☐ **NPSP play group** — 10 to 11:30 a.m.; call for location

THURSDAY, FEB. 10

- ☐ **Inprocessing/re-entry brief** — 7:30 to 8 a.m.; Strom Thurmond Building, Room 222
- ☐ **Instructor-led computer training — intermediate MS PowerPoint** — 9 a.m. to noon, location to be announced
- ☐ **Scholarship seminar for military family members** — 11 a.m. to noon, Strom Thurmond Building, Room 222
- ☐ **English as a second language conversational** — 12:30 to 2 p.m.; Strom Thurmond Building, Room 222
- ☐ **Reunion training** — 1:30 to 2:30 p.m.; Family Readiness Center

FRIDAY, FEB. 11

- ☐ **FRG/AFTB Valentine's social** — 6 to 9 p.m.; Joe E. Mann Center, ballroom

MONDAY, FEB. 14

- ☐ **English as a second language class** — 9 to 11:30 a.m.; Strom Thurmond Building, Room 222

TUESDAY, FEB. 15

- ☐ **Inprocessing/re-entry brief** — 7:30 to 8 a.m.; Strom Thurmond Building, Room 222
- ☐ **Resume writing/interviewing skills workshop** — 8:30 a.m. to noon; Strom Thurmond Building, Room 222
- ☐ **AFTB Level I (Day 1)** — 8:30 a.m. to 3 p.m.; Family Readiness Center
- ☐ **Relocation planning (stateside workshop)** — 10 to 10:30 a.m.; Strom Thurmond Building, Room 213
- ☐ **SOS support groups** — 1 to 3:30 p.m.
- ☐ **EFMP bowling** — 3:30 to 5 p.m.; call 751-5256 to register

WEDNESDAY, FEB. 16

- ☐ **AFTB Level I (Day 2)** — 8:30 a.m. to 3 p.m.; Family Readiness Center
- ☐ **Financial readiness for first-term junior enlisted Soldiers** — 8:30 a.m. to 4:30 p.m.; Education Center, Room B206
- ☐ **Steps to federal employment** — 9 a.m. to noon; Strom Thurmond Building, Room 222
- ☐ **NPSP play group** — 10 to 11:30 a.m.; call for location
- ☐ **Phase II LEVY brief** — 2:30 to 3:30 p.m.; Strom Thurmond Building, Room 213

THURSDAY, FEB. 17

- ☐ **Inprocessing/re-entry brief** — 7:30 to 8 a.m.; Strom Thurmond Building, Room 222
- ☐ **Financial/relocation planning for initial PCS move** — 9 to 10:30 a.m.; Education Center, Room B206
- ☐ **Instructor-led computer training — intermediate MS Word** — 9 a.m. to noon, location to be announced
- ☐ **How MilitaryOneSource can help you** — 11 a.m. to noon; Strom Thurmond Building, Room 222
- ☐ **English as a second language conversational** — 12:30 to 2 p.m.; Strom Thurmond Building, Room 222
- ☐ **Rear detachment (commanders' training)** — 2 to 3:30 p.m.; Family Readiness Center
- ☐ **EFMP outing Teddy Mountain** — 4:30 to 6 p.m.; Village at Sandhills

FRIDAY, FEB. 18

- ☐ **EFMP sweetheart dance** — 5 p.m.; Joe E. Mann Center, ballroom; call 751-5256 to RSVP

TUESDAY, FEB. 22

- ☐ **Inprocessing/re-entry brief** — 7:30 to 8 a.m.; Strom Thurmond Building, Room 222
- ☐ **1-2-3- Magic: Effective discipline for children 2-12 workshop** — 10 a.m. to 3 p.m.; call 751-6304/1071/6868 for more information
- ☐ **Military Saves Week brown bag lunch event: Credit and you** — 11:30 a.m. to 1 p.m.; Family Readiness Center

WEDNESDAY, FEB. 23

- ☐ **Job searching strategies** — 8:30 to 11:30 a.m.; Strom Thurmond Building, Room 222
- ☐ **Sponsor a spouse training** — 9 to 10:30 a.m.; Family Readiness Center
- ☐ **NPSP play group** — 10 to 11:30 a.m.; call for location
- ☐ **Military Saves Week brown bag lunch event: TSP and retirement planning** — 11:30 a.m. to 1 p.m.; Family Readiness Center
- ☐ **Resume writing for beginners** — 1 to 2:30 p.m.; Strom Thurmond Building, Room 222

THURSDAY, FEB. 24

- ☐ **Inprocessing/re-entry brief** — 7:30 to 8 a.m.; Strom Thurmond Building, Room 222
- ☐ **Adult career assessment** — 9 to 11:30 a.m.; location to be announced
- ☐ **Scholarship seminar for military family members** — 11 a.m. to noon; Strom Thurmond Building, Room 222
- ☐ **Military Saves Week brown bag lunch event: Money management** — 11:30 a.m. to 1 p.m.; Family Readiness Center
- ☐ **English as a second language conversational** — 12:30 to 2 p.m.; Strom Thurmond Building, Room 222
- ☐ **EFMP support group (finances and tax for re-spite care)** — 4:30 to 5:30 p.m.; Community Center

FRIDAY, FEB. 25

- ☐ **Military Saves Week event: Cut your grocery bill in half** — 9:30 to 11:30 a.m.; Family Readiness Center
- ☐ **Family Assistance Center training** — 10 to 11:30 a.m.; Joe E. Mann Center, ballroom

MONDAY, FEB. 28

- ☐ **Key caller training** — 9 to 10:30 a.m.; Family Readiness Center
- ☐ **English as a second language class** — 9 to 11:30 a.m.; Strom Thurmond Building, Room 222
- ☐ **Treasurer training** — 10:30 to 11:30 a.m.; Family Readiness Center
- ☐ **Evening breastfeeding support group** — 5:15 to 6:30 p.m.; Main Post Chapel; for more information, call 751-6304/1071/6868

All ACS classes require registration and are subject to change. For more information and to register, call 751-5256/4862/6325.

The Family Readiness Center is located at 3499 Daniel Circle.

The Community Center is located at 520 Brown Ave.

Calendar

Today

Nutrition workshop: Trends and controversies in human nutrition

Noon to 1 p.m., Joe E. Mann Center, conference room

For more information and to make a reservation, call 751-3773.

Tuesday

Installation town hall meeting

6 p.m., Solomon Center

Tuesday through Wednesday

Clothing Reclamation Sale

2570 Warehouse Road

The cash-only sale is for active duty, Reserve and National Guard Soldiers. For more information, call 751-7213.

Wednesday

Single Soldier town hall meeting

5:30 to 7 p.m., 2447 Bragg St.

Installation representatives will answer questions presented by Soldiers in attendance.

Thursday, Feb. 3

School Board meeting

4 p.m., C.C. Pinckney Elementary School

Friday, Feb. 4

National Prayer Breakfast

7 to 8:30 a.m., NCO Club

The guest speaker is Dr. Tom Mullins.

Army Nurse Corps 110th birthday celebration

2:30 p.m., Moncrief Army Community Hospital dining facility

Saturday, Feb. 5

Black History Month 5K fun run

9:30 a.m., Darby Field

For more information, call 751-4247/7873.

Friday, Feb. 11

Fatherhood Forum

10 to 11:30 a.m., Post Conference Room

Housing events

Tuesday

Best dressed pet photo competition

Submit a photo of your pet in its cutest outfit. Photos will be displayed in the Community Center, and votes can be submitted until 3 p.m., Feb. 18.

Tuesday

Pals for Paws drive

Donate old towels, newspapers, blankets or pet food to benefit local animal shelters in need.

Wednesday

Groundhog Day coloring contest

Color a groundhog coloring sheet and

be entered into Balfour Beatty's monthly coloring contest. Sheets are available at the Community Center or at www.ftjacksonfamilyhousing.com.

All events are held in the Community Center, 520 Brown Ave., unless otherwise specified. Call 738-8275 for information.

Announcements

PHONE BOOK RECYCLING

The Fort Jackson Recycling Center will accept telephone books for recycling from Feb. 1 through March 31.

MILITARY SAVES WEEK SEMINARS

Army Community Services offers special financial seminars during Military Saves Week. The following classes are scheduled:

— Credit and you, 11:30 a.m. to 1 p.m., Feb. 22

— TSP and retirement planning, 11:30 a.m. to 1 p.m., Feb. 23

— Money management and everyday life, 11:30 a.m. to 1 p.m., Feb. 24

— Cut your grocery bills in half, 9:30 to 11:30 a.m., Feb. 25

All classes take place at the Family Readiness Center. For more information, call Christine Julius or Martha Phillips at 751-5256.

EXCESS PROPERTY SALE

FMWR has scheduled an excess property sale from 8 a.m. to 3 p.m., Feb. 4 at Kennedy Hall. The sale is open to all DoD ID card holders. Items include TVs, DVD players, entertainment centers, etc. Items will be available for preview from 10 a.m. to 2 p.m., Feb. 3. For more information, call 751-4155.

PALMETTO TRAIL CLOSURE

The Palmetto Trail is closed for timber harvesting between Heise's Pond and Division Road. The trail is expected to be closed until March 31.

GOLDEN ARROW ROAD CLOSURE

Golden Arrow Road is now closed during PT hours from 5:30 to 7 a.m.

MOBILE CENTER OPENING

The Exchange Mobile Center kiosk will open Feb. 2 at the Exchange main mall area. The kiosk will offer mobile phone services for three major carriers.

MILITARYONESOURCE TAX FILING

MilitaryOneSource provides free tax consultation and online tax filing services to active duty, Reserve and National Guard service members and their families. Participants must register at www.militaryonesource.com.

GLASS RECYCLING

Glass recycling containers will be put up in the housing area Feb. 7. The

containers will be placed on Pershing Road in Mabry Manors and at the corner of Moses and Carter roads in Pierce Terrace 7. Additional containers will be placed in other areas of housing by the end of February.

RECYCLING CENTER UPDATE

The Fort Jackson Recycling Center is now open Saturdays from 8:30 a.m. to 3:30 p.m. On weekdays, the center is open from 7 a.m. to 3 p.m. For more information on recycling on post, visit www.jackson.army.mil/ENRD/emb/p2.htm or call 751-4208.

RED CROSS SEEKS VOLUNTEERS

The Fort Jackson Red Cross is looking for leadership volunteers. Available positions include hospital chair, youth chair and fundraising chair. For more information, call 751-4329 or e-mail jacksonredcross@yahoo.com.

MACH NUTRITION CLINIC

The following class is scheduled for January:

— Cholesterol and high blood pressure class, 2 to 3 p.m., today

All classes take place at Moncrief Army Community Hospital, Room 8-85. For more information and to register, call 751-2115/2363/2273.

MICC HOURS

The Mission and Installation Contracting Command's new opening hours are from 8 a.m. to 4:30 p.m., Monday through Friday. The office is closed for lunch from 11:30 a.m. to 12:15 p.m.

AFAP UPDATE

Army Family Action Plan received 39 issues from the Fort Jackson community for fiscal year 2011. Local issues will be addressed by the appropriate staff agency on the installation. Issues determined to be beyond the scope of Fort Jackson were reviewed and prioritized by delegates at the annual conference in December. For a complete list of issue submissions and their status, visit www.fortjacksonmwr.com/acs_afap. For more information, call 751-6315.

MG JAMES URSANO SCHOLARSHIP

The MG James Ursano Scholarship program is now accepting applications. It provides children of active-duty, retired or deceased Soldiers with financial assistance to pursue a four-year college degree. Students must apply each year. For more information, visit www.aerhq.org or call 751-5256.

MILITARY CHILD AWARD

Operation Homefront is accepting nominations for the Military Child of the Year award through Monday. The winner for each service branch will receive \$5,000. Ideal candidates demonstrate resilience and strength of character, and

thrive in the face of the challenges of military life.

For more information, visit www.operationhomefront.net/mcoy.

ID CARD APPOINTMENTS

Soldiers, retirees, family members and DoD employees can now use the ID Cards Appointment Scheduler System. Appointments will be available from 8 a.m. to 3:30 p.m., Monday through Friday. To schedule and appointment, visit <http://appointments.cac.navy.mil>.

SCHOLARSHIPS FOR SPOUSES

The AER Stateside Spouse Education Assistance Program is accepting applications through April 1. The scholarships are available to Army spouses and are awarded based on financial need. For more information, visit www.aerhq.org or call 751-5256.

DECA SCHOLARSHIP

The 2011 Scholarships for Military Children program is now available in commissaries worldwide and also online at www.commissaries.com. Choose the "News & Info" tab, then the "Scholarship info" tab. Applications are also available at www.militaryscholar.org.

FREE COMIC BOOK

The 10th installment of the free New Avengers comic book for military audiences is now available at the Exchange. The book's title is "Hero Exchange."

THRIFT SHOP UPDATES

Organizations that want to request funds, should submit a welfare request form. The form should list the reason, number of people involved and what other sources for funding have been explored.

Visit the community calendar at www.jackson.army.mil for a full listing of calendar events.

School news

SCHOOL BOARD ELECTION

A special election to fill a vacant seat on the Fort Jackson school board is scheduled for Tuesday from 8 a.m. to 3 p.m. at the Fort Jackson schools and from 6 to 8 p.m. at the Solomon Center.

MONTESSORI INFO SESSIONS

Parents of students in the Richland One school district who are interested in enrolling their children in Montessori programs are invited to the following information sessions:

— Brockman Elementary School: 8:15 a.m., Wednesday

— Logan Elementary School: 6 p.m., today and 8 a.m., Feb. 4

For more information, call 231-6709 or e-mail alipscomb@richlandone.org.

Avoid overtraining when exercising

By **LISA YOUNG**

U.S. Army Public Health Command (Provisional)

It is a fact that exercise is essential for a healthy body and mind. However, is it possible to get too much exercise?

Yes, when a person pushes the body too hard or too long and does not give it a chance to recover with adequate time, rest and nutrition, it can result in overtraining.

Overtraining can occur with aerobic exercises such as running, biking or swimming, and with resistance exercises such as weight lifting. Overtraining occurs when either exercise volume or intensity exceeds what a person should be doing for an extended period of time.

Training volume can be excessive if more exercises are added, additional repetitions or sets are performed or the frequency of the exercise is increased for too long. In contrast, overtraining due to excessive intensity occurs when too heavy a resistance is used for an extended time. These principles apply to elite athletes as well as to those who exercise for general health and fitness.

So how does a person know when he or she is doing more than he or she should?

Regular exercise and physical training are healthy habits that should make a person feel better, not worse. If a person is experiencing signs and symptoms of overtraining, he or she may be pushing too hard.

It is important to understand that the signs and symptoms of overtraining may not all be present, and the presence of some symptoms does not necessarily mean a person is overtraining. The true test of whether overtraining is taking place is whether performance is impaired or plateaued.

Some of the frequent signs of overtraining cited by the American College of Sports Medicine are these:

- Decreased performance in strength, power, muscle endurance or cardiovascular endurance.
- Decreased training tolerance and increased recovery requirements.

ON THE WEB

Resources for physical activity and exercise include the following:

- Centers for Disease Control and Prevention, <http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html>
- American College of Sports Medicine, <http://www.acsm.org/>

- Decreased coordination, reaction time or speed.
- Altered resting heart rate, blood pressure and respiration patterns.
- Decreased body fat and post-exercise body weight.
- Increased basal metabolic rate.
- Chronic fatigue.
- Sleep disorders.
- Decreased appetite and weight loss.
- Menstrual disruption.
- Headaches or gastrointestinal distress.
- Muscle, joint and tendon aches and stiffness.
- Decreased rate of healing and increased occurrence of illness.

What should a person do if overtraining has occurred? There are several simple steps that can be taken to alleviate and correct this condition:

- Add one or more recovery days to each training week.
- Include periodized exercise programs that gradually alter the training variables over time to allow the body to progress in stages and have adequate recovery.
- Ensure that training volume and exercise intensity are inversely related.
- Avoid monotonous exercise by increasing training variety.
- Avoid doing too many exercises, sets and/or repetitions.
- Avoid performing every set of every exercise of ev-

ery session to absolute failure (for resistance training).

- Take into account the cumulative training effect of different kinds of exercise.

Exercise is a health habit that has many advantages. Be sure that your exercise program includes regular periods of recovery and that you reassess and adjust your training often. Done properly, exercise can bring lifelong benefit to mind and body.



MACH updates

REMINDERS AVAILABLE BY TEXT

Moncrief Army Community Hospital now offers appointment reminders by text message. To sign up, complete an opt-in form, which is available in the clinics and at the information desk. Completed forms may be left in those locations, as well. Reminders will arrive two to three hours before an appointment.

TRICARE PRIME ENROLLMENT

MACH currently has TRICARE Prime enrollment availability for active duty family members and retirees and their family members. Pediatric enrollment is also available. For more information, visit the TRICARE service center on the 10th floor.

CATARACT SCREENING

The MACH Ophthalmology Clinic will conduct quick cataract evaluations Feb. 8 for all beneficiary categories. To schedule an appointment, call 751-5406. A referral is not needed for an appointment.

REFILL PHARMACY CLOSURE

The refill pharmacy will be closed Feb. 5 through 7 for automation improvements. Phone-in refills can be picked up at the main pharmacy during that time. For more information, call 751-4072/2101.

LASIK SURGERY

The MACH Ophthalmology Clinic is now offering pre-operative screening

exams and post-operative care for Laser Refractive Surgery. The service is available to eligible active-duty Soldiers.

The surgery will be conducted at Winn Army Community Hospital at Fort Stewart, Ga. To be eligible, Soldiers must have 18 months left of active duty service. For more information, call 751-5406 or visit the front desk in the EENT Clinic on the third floor of MACH.

DFAC OPEN

The MACH dining facility is open and fully operational. The DFAC offers a full hot bar and grill, a sandwich/wrap

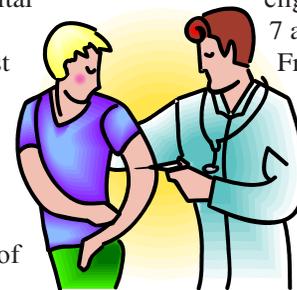
station and a salad bar.

FLU VACCINATIONS SET

Seasonal flu shots are available to all eligible beneficiaries, 4 and older, 7 a.m. to 4 p.m., Tuesday through Friday, in Room 6-27, Moncrief Army Community Hospital. Flu shots will not be given Feb. 18 and 21.

Children, newborns to 36 months, can receive vaccinations on a walk-in or appointment basis at the Family Health Clinic. Call 751-2210 for more information. Other sites are as follows:

Solomon Center: 8 a.m. to 3:30 p.m., Feb. 7, 14 and 28; 8 a.m. to 2 p.m., Feb.



Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the Feb. 10

Leader must be submitted by today.

Announcement submissions are due one week before publication.

For example, an announcement for the Feb. 10 Leader must be submitted by Feb. 3.



What is FMWR's mission?

By **THERESA O'HAGAN**
FMWR

Army Family and Morale, Welfare and Recreation exists because the Army is committed to the well-being of the community of people who serve and stand ready to defend the nation.

Family and MWR is the umbrella that all support and leisure services designed to enhance the lives of Soldiers (active, Reserve, and Guard), their families, civilian employees, military retirees and other eligible participants fall under.

More than 37,000 Family and MWR employees worldwide strive to deliver the highest quality programs and services at each installation — from family, child and youth programs to recreation, sports, entertainment, travel and leisure activities.

Family and MWR serves the needs, interests and responsibilities of each person in the Army community for as long as they are associated with the Army, no matter where they are.

Family and MWR contributes to the Army's strength and readiness by offering services that reduce stress, build skills and self-confidence and foster strong esprit de corps.

Each member of the community plays a vital role in the success of Family and MWR programs. Family and MWR supports Soldiers, family members, retirees and civilians with com-

munity-building activities, events and celebrations that bring people together. Community is socializing with friends and neighbors, fellowship and networking, all conveniently located.

Soldiers continually train to build skills and stay sharp. In so many ways, Family and MWR gives individuals that same edge in other areas of life. Soldiers and Families have a world of choices for personal growth, self-enrichment, learning and discovery.

The well-being of all the members of the military family is important to Family and MWR. Family and MWR provides a "safety net" of professional resources that promote personal and family stability and fosters peace of mind about what's important in each person's life.

Soldiers, family members, retirees and civilian employees like everybody else, need balance and time to recover

from a hard day's work, Family and MWR has many ways to relax, recharge, renew and rejuvenate.

Family and MWR cares about Army families. From financial counseling to preparedness for deployment or reunion, Family and MWR support helps teach and encourage families to be self-reliant.

Family and MWR believes strongly that Soldiers and their families are entitled to the same quality of life as is afforded the society they are pledged to defend. Keeping an Army ready to fight and win takes more than hard work

and training. Soldiers need a balance of work and play.

The Family and MWR Command mission is to create and maintain Family and MWR products and services for America's Army, essential to a ready, self-reliant force.

Editor's note: Content from www.armymwr.com was used in this article.



JANUARY EDGE! CLASSES

❑ **Clothespin cuties** — 3:30 to 5 p.m., Thursdays, 5955-D Parker Lane. For ages 8 to 14.

Today: Worry dolls are a Guatemalan tradition that are said to help people sleep. Create your own.

❑ **DIY Beauty** — 3:30 to 5 p.m., Thursdays and Mondays, Balfour Betty Community House. For ages 8 to 16.

Today: Tone and refresh your skin with homemade apple, citrus or cucumber toner.

Monday: Give and receive a facial using homemade products.

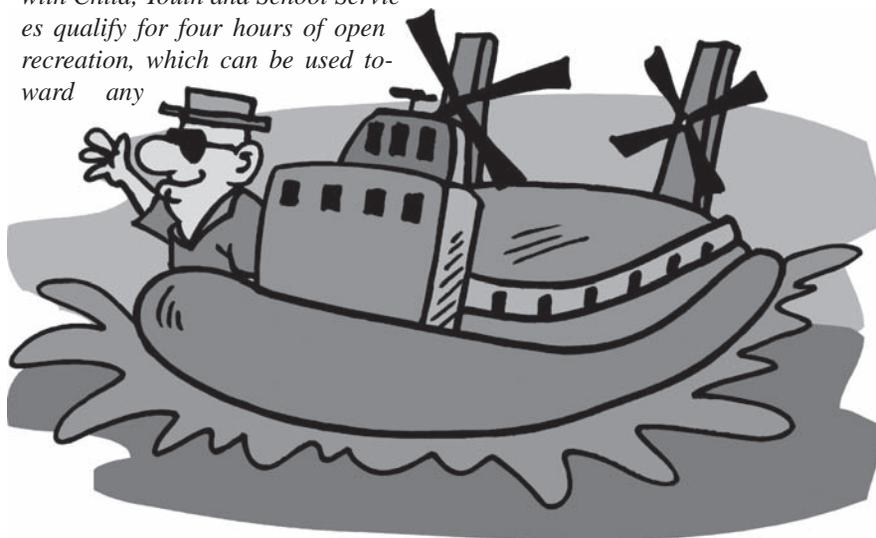
❑ **Widgets that Work/Gadgets that Go** — 4 to 5:30 p.m., Fridays and Tuesdays, Pinckney Annex, Hood Street. For ages 9 to 15.

Friday: Experiment with a few fun and simple projects, including a hovercraft and an alkaline Zeppelin.

❑ **Brown Around the Edge** — 4 to 5:30 p.m., Fridays and Wednesdays, 5955-D Parker Lane. For ages 11 to 18.

Friday: Learn to make pie crust and top it with your favorite fillings.

School-age children who register with Child, Youth and School Services qualify for four hours of open recreation, which can be used toward any



EDGE! program. The EDGE! offers free classes as part of the Army Middle School and Teen Initiative for those 11 years and older. For children 9 and 10, classes are \$5 per hour.

FMWR calendar

THURSDAY

- ❑ Visit **Century Lanes** for food, fun and bowling.
- ❑ **Victory Bingo**, 2 to 11 p.m.
- ❑ Sleepy Storytime at the **Post Library**, 6:30 to 7 p.m. Come in pajamas and go home ready for bed.
- ❑ **Magruder's Pub and Club** happy hour, 4:30 to 7 p.m. Appetizers are available, while they last.

FRIDAY

- ❑ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for the Blue Plate Specials.
- ❑ **Victory Bingo**, starts at 2 p.m.
- ❑ Dance to a variety of music provided by DJ Randall at **Magruder's Club**, 9 p.m. to 3 a.m. Magruder's Club is located in the back of Magruder's Pub. Cover charge is \$5 for civilians and \$3 for military. Be early for happy hour, 4:30 to 7 p.m. Appetizers are available, while supply lasts.
- ❑ Every Friday is Artistic Expression with Jake at 6:30 p.m. in the Teen Room at the **Youth Services Center**.

SATURDAY

- ❑ **Victory Bingo**, starts at 1 p.m.
- ❑ Step Team practice, 2 p.m., dance room at the **Youth Services Center**.
- ❑ Classic Soul Saturday, 9:30 p.m. to 2 a.m., Excalibur Room at the **NCO Club**. Cover charge is \$5 for civilians and \$3 for military.
- ❑ Buy one wing, get one free at **Magruder's Club and Pub**.

SUNDAY

- ❑ **Victory Bingo**, starts at 10 a.m.
- ❑ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for Sunday brunch. Coat and tie are not required. Call 751-4906 or 782-8761.
- ❑ Family day at the **Youth Services Center**, 2 to 6 p.m.

WEDNESDAY

- ❑ Come to Morale Call starting at 8 p.m. in the NCO Club **Liberty Lounge** and pay no cover charge. Starting at 10 p.m., ladies specials begin in the ballroom during Working Women's Wednesdays.
- ❑ Get your party on at **Club NCO** starting at 8 p.m. Admission is \$5 for military, \$7 for civilians.
- ❑ **Victory Readers Club**, 6 to 8 p.m., **Post Library**
- ❑ **4-H Club** meets 4 to 5 p.m. For grades 1-5. Call 751-1136 for information.

ONGOING OFFERS

- ❑ The annual FMWR Fitness Challenge runs through April 4. Participants must be fitness members to compete in one of three categories; fitness, weight loss or total lifestyle change. Fitness memberships are \$30 a month. Call 751-5768 for more information.
- ❑ The NCO Club breakfast is served 6 to 9 a.m., Monday through Friday. The cost is \$8 for adults and \$3.75 for children 4 to 10 years old.
- ❑ The Officers' Club is open for lunch Tuesday through Friday, 11 a.m. to 1:30 p.m.
- ❑ The Officers' Club specializes in wedding receptions, anniversaries, promotions and other special occasions. For more information, call 782-8761.
- ❑ Child, Youth and School Services provides child care and youth programming on Saturdays at no cost for active-duty parents who must work to meet mission requirements. For more information, call 751-4865.



Follow the Leader on Twitter at www.twitter.com/fortjacksonpao.

God comes to us in silence, stillness

By **CHAPLAIN (LT. COL.) DAVID ACUFF**
Installation Chaplain's Office

"Today, kids pack the malls, line up for the scariest, goriest summer movies they can find. Yet, they still complain, 'I'm borrrred.' Like a sugared drink on a hot day, such entertainment leaves kids thirsting for more — for faster, bigger, more violent stimuli."

— Patricia Meyer Spacks, *"Boredom, The Literary History of a State of Mind."*

"Be still, and know that I am God." (Psalm 46:10)

The words "boredom" and "bored" are not in the Bible. That is because boredom is a new feeling. People didn't used to get bored; they didn't know what it felt like. That is strange, because 100 years ago, people had absolutely nothing to do. At least it seems that way to us. No radio (let alone satellite radio), no TV (let alone a huge HD flat-screen), no computers, no Internet, no Facebook, no YouTube, no X-Box.

Now, every house and, often, every bedroom, contains most or all of these media, and still the cry is heard, "I'm borrrred."

And it is not just the young people — we all feel that way.

It is important to realize that all of the new stimulation devices we have received in the past 20 years are not the cure for boredom but rather the cause of it. The more channels, the more pixels, the more megabytes and gigabytes, the greater the screen size, the farther the cars fall off the cliff, the bigger and louder the blasts when they land, the more detailed the hollow-point exit wounds —

all the these things combined do not alleviate boredom, but, again, create and relentlessly increase it.

This is no small issue, for boredom is what causes many of our discipline lapses in the Army. Once taken to a new level of stimulation by upgrading Version 1.7 to Version 2.1, unstimulated life is made that much more boring and intolerable.

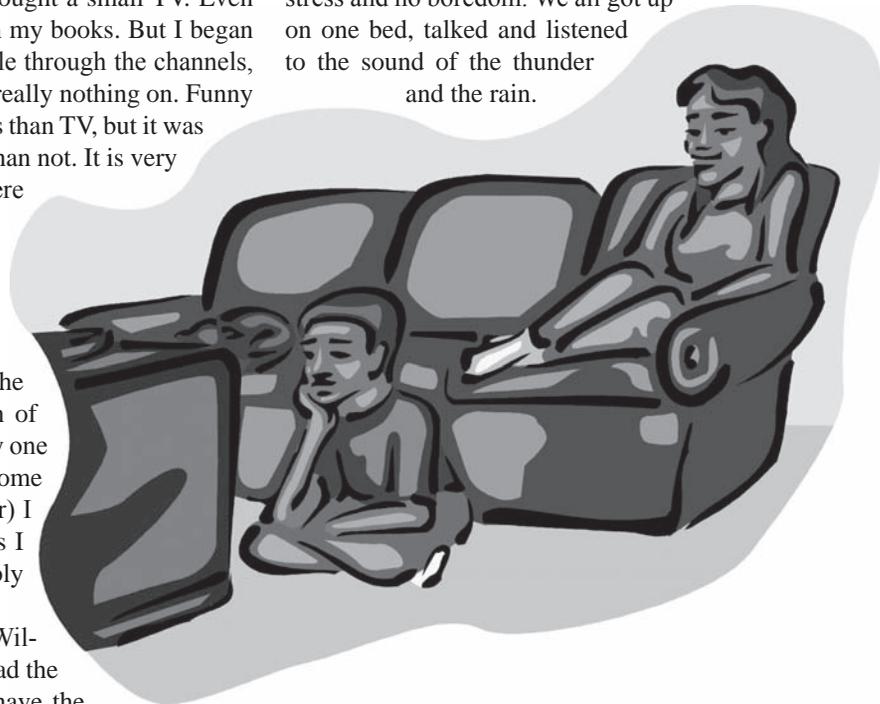
Last year, I was in Korea on an unaccompanied tour. I didn't have a TV my first three months there. What did I do? I read. Then I relented and bought a small TV. Even that little TV lured me away from my books. But I began to find that I would restlessly cycle through the channels, becoming irritated that there was really nothing on. Funny thing was, the books bored me less than TV, but it was the TV that won out, more often than not. It is very easy to fall into the TV groove. Were it not for the fact that I finally got disgusted enough with TV programming to reach over and turn the thing off, I too would have been thinking, "I'm borrrred."

I too walk down the aisles of the PX and gaze into the HD screen of the 98-inch TVs. But were I to buy one and borrow a truck to carry it home (they won't fit inside a regular car) I would soon be as bored with it as I was with the old TV. And probably more so.

A Southern writer named William Faulkner said that we once had the voice of God, whereas now we have the

voice of the radio. How much more is that true of all the media we have now, and how much more are most people removed from a felt presence of God. The truth is simple but difficult: God comes to us in silence and stillness.

The electricity has been knocked out at my house a few times this year, separating my family members from all their gadgets. But the effect on us was ironic. If I had to choose one word to describe those two nights — devoid of all electronics — it would be "serene." There was no stress and no boredom. We all got up on one bed, talked and listened to the sound of the thunder and the rain.



PROTESTANT

- Sunday
- 9 a.m. McCrady Chapel (SCARNG), McCrady Training Center
- 9 a.m. Daniel Circle Chapel Gospel service, Post Theater
- 9:30 a.m. Hispanic, Solomon Center
- 9:30 a.m. Main Post Chapel
- 10:45 a.m. Sunday school, Main Post Chapel
- 11 a.m. Magruder Chapel
- 11 a.m. Memorial Chapel
- 11 a.m. Chapel Next, Bayonet Chapel
- 6 p.m. Transitions Christian service, Anderson Street Chapel
- Wednesday
- 6 p.m. Prayer service, Magruder Chapel

Protestant Bible Study

- Monday
- 7 p.m. Women's Bible study (PWOC), Main Post Chapel
- Tuesday
- 9:30 a.m. to noon Women's Bible study (PWOC), Main Post Chapel
- Wednesday

- 6 p.m. Gospel prayer service, Magruder Chapel
- 7 p.m. Gospel Bible study, Magruder Chapel
- 7 p.m. LDS scripture study, Anderson Street Chapel
- Saturday
- 8 a.m. Men's prayer breakfast (PMOC), Main Post Chapel (every second Saturday of the month in the activity room)

Protestant Youth of the Chapel

- Sunday
- 5 to 6:30 p.m. Club Beyond youth group, Main Post Chapel
- Saturday
- 11 a.m. Daniel Circle Chapel youth group, Dorn VA Hospital (first Saturday of each month)

CATHOLIC

- Monday through Friday
- 11:30 a.m. Mass, Main Post Chapel
- Sunday
- 9:30 a.m. CCD (September through May), Education Center
- 9:30 a.m. Religious ed class for adults (September through May), Main Post Chapel
- 9:30 a.m. Religious ed class for children (September through May), Main Post Chapel
- 10:30 a.m. Reconciliation (after Mass or by appointment), Main Post Chapel
- 11 a.m. Mass (Main Post Chapel)
- 12:30 a.m. Catholic youth ministry, Main Post Chapel
- 7 p.m. Women's scripture study, Main Post Chapel

- 8 p.m. Mass, McCrady Chapel (SCARNG), McCrady Training Center
- Wednesday
- 7 p.m. Rosary, Main Post Chapel
- 7:30 p.m. RCIA/Adult inquiry (September through May), Main Post Chapel
- Friday
- 11:30 a.m. Ladies of the parish, Main Post Chapel (first Friday of each month)

ANGLICAN/LITURGICAL

- Sunday
- 8 a.m. Anderson Street Chapel

ISLAMIC

- Sunday
- 8 to 10 a.m. Islamic studies, Main Post Chapel
- Friday
- 1 to 2 p.m. Jumah services, Main Post Chapel

JEWISH

- Sunday
- 9:30 to 10:30 a.m. Worship service, Memorial Chapel
- 10:30 to 11:30 a.m. Jewish book study, Post Conference Room

CHURCH OF CHRIST

- Sunday
- 11:30 a.m. Anderson Street Chapel

LATTER DAY SAINTS

- Sunday
- 9:30 to 11 a.m. Anderson Street Chapel
- Thursday
- 7 to 8 p.m. LDS scripture study, Anderson Street Chapel

ADDRESSES, PHONE NUMBERS

- Anderson Street Chapel**
2335 Anderson St., corner of Jackson Boulevard, 751-7032
- Bayonet Chapel**
9476 Kemper St., 751-6322/4542
- Daniel Circle Chapel**
3359 Daniel Circle, corner of Jackson Boulevard, 751-1297/4478
- Education Center**
4581 Scales Ave.
- Family Life Chapel**
4580 Scales Ave, corner of Strom Thurmond Boulevard (inside of Main Post Chapel), 751-5780
- Magruder Chapel**
4360 Magruder Ave., 751-3883
- Main Post Chapel**
4580 Scales Ave, corner of Strom Thurmond Boulevard, 751-6469/6681
- McCrady Chapel (SCARNG)**
3820 McCrady Road (located at McCrady Training Center)
- Memorial Chapel**
4470 Jackson Blvd., 751-7324
- Warrior Chapel (120th AG Bn.)**
1895 Washington St., 751-5086/7427
- Installation Chaplain's Office**
4475 Gregg St., 751-3121/6318

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Like us on Facebook. Log on to your account and search for
"Fort Jackson Leader."



FIRST RESPONDER

The following are incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshal Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

Col. Ronald F. Taylor

*Director,
Emergency Services/Provost Marshal*
Sgt. Maj. Glen W. Wellman III
Provost Sergeant Major
Bill Forrester
Fire Chief

CASES OF THE WEEK

❑ A Soldier's vehicle was towed from the installation after the Soldier was charged with driving with an expired reg-



istration and failing to surrender a suspended tag during a traffic stop, Military Police said. The license plate, which was suspended for a failure to pay property taxes, was confiscated.

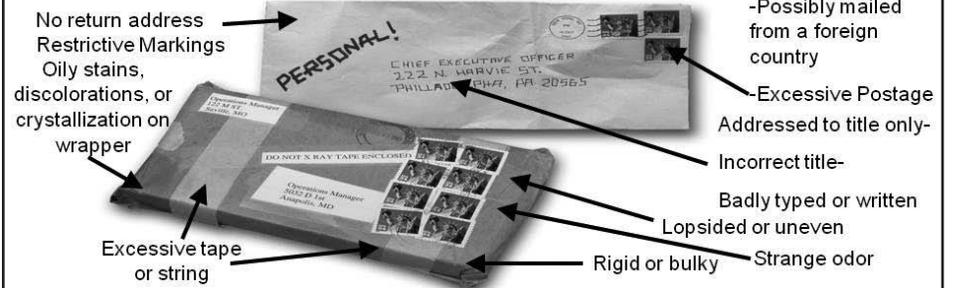
❑ A Soldier was charged with speeding and operating an uninsured vehicle after a traffic stop, MPs said.

❑ A Soldier was charged with parking in an unauthorized area after parking a car in front of the emergency medical services entrance at Moncrief Army Community Hospital, MPs said.

crimestoppers
1-888-559-TIPS
www.midlandscrimestoppers.com

FORCE PROTECTION THOUGHT OF THE WEEK

If it seems strange...DON'T OPEN IT!!!



If you receive a suspicious letter or package, follow these four steps:

- 1** Handle with care. Don't shake or bump
- 2** Isolate it immediately
- 3** Don't open, smell, touch or taste.
- 4** Treat it as suspect. Call the MPs immediately - 751-3114/3115

TRX delivers total body workout

For many of us, the search to find the perfect workout or the perfect workout equipment never ends. What will do all the things I need it to do in a short amount of time (because I'm busy) and leave me looking breath taking?

The short answer? Total Resistance Exercise, or TRX. At first glance, TRX equipment looks like a gimmick, but don't let that fool you. It is a serious piece of equipment designed to let you execute bodyweight exercises that are challenging for conditioned trainers yet simple for the beginner. The TRX evolves with your fitness level. It adjusts to where your current fitness level is and adapts to your fitness as it improves.

The TRX is a way of training the body. The range of motion and dynamics of the system allows a person to perform unique, multi-plane (frontal, sagittal and transverse) exercises with varying resistance. This can't be done on regular exercise equipment. This makes TRX a superior tool that can be effectively used for many dif-

The Weigh It Is
By Pamela Greene
*Fitness programmer,
 Family and Morale, Welfare
 and Recreation*



ferent types of training like Pilates, stretching, strength training, gold and physical therapy, to name a few.

And again, as your fitness level evolves, the TRX adapts to your new level. The TRX delivers an effective total body workout that's a good fit for athletic training, sports conditioning and the general exerciser.

Fort Jackson currently has TRX suspension trainers for check out at Andy's Fitness Center, Perez Gym and Van-

guard Gym. You can check these out and perform individual workouts on your own using the anchor mounts that have been installed. Posters are also on display to provide a visual of how to execute each workout.

When you work out with the TRX suspension you will be working out your entire body and your core because each TRX exercise forces you to stabilize your muscles and core as you balance to perform the body weight exercises. The TRX is the first bodyweight training system that allows users to perform hundreds of core strengthening exercises anywhere using your own body weight.

Group TRX classes are offered at 6 p.m., every Monday, Wednesday and Friday at the Perez Tennis Courts. The group classes are scheduled on a five-week cycle during which participants are walked through getting acquainted to the equipment and total body exercising and stretching.

For more information about the on-post TRX offerings, call 751- 5768.

Winter basketball standings*

Monday/Wednesday League		Tuesday/Thursday League	
120th	2-0	1-61st	2-0
81st RSC	2-0	187th	2-0
MEDDAC	2-0	LOD	2-0
Swampfoxes	1-0	NightFlyte	2-0
2-39th	1-1	SSI/TSB	2-1
3-34th	1-1	80th	1-1
SCNG	1-1	2-60th	1-2
VA	1-1	4-10th	1-2
1-34th	0-1	81st	1-2
Enforcers	0-1	165th	0-2
1-13th	0-2	193rd	0-2
171st	0-2	3-60th	0-2
TFM	0-2		

*Standings as of Wednesday morning



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Like us on Facebook. Log on to your account and search for "Fort Jackson Leader."

